



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35047, Fish, lingcod, liver (Alaska Native)

Report Date: July 16, 2017 02:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	45.90	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	424	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1776	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	5.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	42.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	6.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Minerals													
Calcium, Ca ¹	mg	5	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe ¹	mg	1.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P ¹	mg	123	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin ¹	mg	0.220	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	4.200	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU ¹	IU	9100	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993